



Cook time: 30 mins

Serves: 4

Prep time: 5 mins

Nasi Kuning

Ingredients

- 180g white rice*
- 140g brown rice*
- 1 tbsp canola oil*
- 1 tbsp turmeric powder
- 2 tbsp coriander powder
- 2 cloves garlic
- 1 tsp peppercorn
- 1 pandan leaf
- $\frac{3}{4}$ cup low-fat evaporated milk*
- Salt to taste
- 500ml water
- 200g canned tuna flakes*
- 1 tomato
- 50g green peas*
- 1 tbsp raisins*
- 1 tbsp almond flakes*
- 3 lime leaves, finely chopped
- 2 tbsp lemongrass, chopped

*Choose products with the Healthier Choice Symbol.

Method

- Wash both types of rice and drain.
- Heat the oil in a non-stick wok. Stir-fry rice, turmeric, coriander, garlic, lemongrass and lime leaves.
- Transfer to rice cooker. Add the peppercorns, pandan leaf, salt, low-fat evaporated milk and water. Then bring to a boil with the lid uncovered.
- Stir to mix. Cover the rice cooker and let it simmer until cooked.
- Fold in the tuna, diced tomatoes and green peas while the rice is hot.
- Garnish with raisins, almond flakes, lime leaves and lemongrass.
- Serve hot.

Nutrition Information (Per Serving):

Energy: 412kcal

Protein: 20.1g

Total fat: 6.2g

Carbohydrates: 62g

Dietary fibre: 3g